

Kentucky Board of Emergency Medical Services

EMT-Basic Protocol

Anaphylactic Shock

Treatment Protocol: Allergic Reaction^{1,2}

- 1) Ensure adequate ABCs. Assess need for ventilatory assistance.
- 2) Administer oxygen to maintain an SpO₂ of greater than 98%.
- 3) Perform focused history and physical exam, including questioning regarding possible exposure to allergens (history, type, route, time, progression of symptoms).
- 4) Request ALS backup.
- 5) If patient exhibits severe respiratory distress or shock with a history of exposure to an allergen, determine if the patient has a prescribed epinephrine auto-injector available.
 - 5A) If an auto-injector is available, administer the auto-injector into the lateral aspect of the patient's thigh, halfway between the waist and knee. (Refer to the procedural policy **Epinephrine Autoinjector Use** for additional guidance.)
 - 5B) If an auto-injector is not available, the EMT-B may administer subcutaneous 1:1,000 epinephrine from the stock carried on the ambulance. The appropriate dose may be administered in the lateral thigh or lateral upper arm.

Dosage: Adult- 0.3 mg (0.3 mL of 1:1,000 solution of epinephrine)
Pediatric- 0.15 mg (0.15 mL of 1:1,000 solution of epinephrine)
Use the pediatric dose for patients under 8 years of age and/or under 55 pounds.

(Refer to the procedural policy **BLS Epinephrine Injection** for additional guidance.)

- 6) Continue to reassess ABCs.
- 7) If not done already, immediately transport.
- 8) *If signs and symptoms do not resolve, contact Medical Control to consider a repeat administration of epinephrine. Note this second administration REQUIRES the direct order of Medical Control.*
- 9) Continue treating for shock.
- 10) Advise ALS intercept of treatment and effects if being intercepted, or call in to ER with patient report.
- 11) If the patient has suffered an exposure but does not have respiratory distress or shock they should not receive epinephrine. Treat any other complaints they may have.

¹ Common allergens: Animal venom (i.e. bee stings), foods (i.e. peanuts, berries, fish), plant pollen, medications.

² Signs and symptoms of an allergic reaction:

Warm, tingling feeling	Itching
Flushed/Red Skin	Hives
Swelling (hands, face, tongue, lips)	Tight Chest
Respiratory Distress	Shock